

CASTORIA

For Infants and Children.

Mothers Know That
Genuine Castoria

Always
Bears the
Signature
of

Dr. J. C. Fletcher
In
Use
For Over
Thirty Years
CASTORIA

THE CASTORIA COMPANY, NEW YORK CITY.

COUGHS and COLDS
disappear in a night and leave the chest free,
clean and well when
GOWANS Rub-It-On
is applied. A pleasant, soothing, healing ex-
ternal application for just such troubles. Ask
your druggist. 25c. 50c. \$1.00. Pay no more.

Greater food value—
increased palatability
In making chocolate
cakes use

BAKER'S CHOCOLATE

with barley and
buckwheat flour.
The chocolate
covers the color
and taste of the
dark flour so it
is practically as
good as when made
with all white flour.

This use of cocoa or
chocolate increases the
food value of the pre-
pared dish.

Booklet of Choice Recipes sent free
Walter Baker & Co. Ltd.
Established 1730
DORCHESTER, MASS.

THICK, SWOLLEN GLANDS
that make a horse Wheeze,
Roar, have Thick Wind
or Choke-down, can be
reduced with

ABSORBINE
also other Bunches or Swellings. No blister,
no hair gone, and horse kept at work. Eco-
nomical—only a few drops required at an applica-
tion. \$2.50 per bottle delivered. Book 3 free.
ABSORBINE, the antiseptic liniment for man-
kind, reduces Cysts, Wens, Painful, Swollen
Veins and Ulcers. \$1.25 a bottle at dealers or
delivered. Book "Evidence" free.
W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

W. N. U., CINCINNATI, NO. 3-1919.

WEAK KIDNEYS MEAN A WEAK BODY

When you're fifty, your body begins to
creak a little at the hinges. Motion is
more slow and deliberate. "Not so young
as I used to be" is a frequent and un-
welcome thought. Certain bodily functions
upon which good health and good spirits
so much depend, are impaired. The weak
spot is generally the bladder. Unpleasant
symptoms show themselves. Painful and
annoying complications in other organs
arise. This is particularly true with el-
derly people. If you only know how, this
trouble can be obviated.

For over 200 years GOLD MEDAL
Haarlem Oil has been relieving the
inconvenience and pain due to advancing
years. It is a standard, old-time home
remedy, and needs no introduction. It is
now put up in odorless, tasteless capsules.
These are easier and more pleasant to take
than the oil in bottles.

Each capsule contains about one dose of
five drops. Take them just like you would
any pill, with a small swallow of water.
They soak into the system and throw off
the poisons which are making you old be-
fore your time. They will quickly relieve

those stiffened joints, that backache, rheu-
matism, lumbago, sciatica, gall stones,
gravel, "brick dust," etc. They are an
effective remedy for all diseases of the
bladder, kidney, liver, stomach and allied
organs.

GOLD MEDAL Haarlem Oil Capsules
cleanse the kidneys and purify the blood.
They frequently ward off attacks of the
dangerous and fatal diseases of the kid-
neys. They have a beneficial effect, and
often completely cure the diseases of the
bodily organs, allied with the bladder and
kidneys.

If you are troubled with soreness across
the loins or with "simple" aches and pains
in the back take warning, it may be the
preliminary indications of some dreadful
malady which can be warded off or cured
if taken in time.

Go to your druggist today and get a box
of GOLD MEDAL Haarlem Oil Capsules.
Money refunded if they do not help you.
Three sizes. GOLD MEDAL are the pure,
original imported Haarlem Oil Capsules.
Accept No Substitutes.—Adv.

Kindergarten Helps for Parents

Articles Issued by the Department
of the Interior, Bureau of Education
and the
National Kindergarten Association

AMERICAN MOTHERS

By DR. JENNY B. MERRILL.

The phenomenal success of Ameri-
can boys at the front after an unusu-
ally short military training was not
only a great cause of thankfulness, but
indicated that American mothers' methods of discipline had not been so
indulgent nor lax in the past as some
good critics have feared. There has
been a blessing in disguise in the free
action and self-assertion that are al-
lowed American children.

Fifty years ago a little book entitled
"Children's Rights" appeared in this
country. Perhaps it went too far, but
children have suffered long from too
great severity. Herbert Spencer in
England wrote of children's rights as
well as of women's. The words of pro-
gressive thinkers on both subjects were
needed. Later from Sweden, Ellen
Key sent out "The Century of the
Child." Later yet came from Italy
Doctor Montessori's outcry against
suppression of the child by arbitrary
discipline, and her advocacy of disci-
pline "based on liberty."

Probably all of these leaders directly
or indirectly gained much of their in-
spiration and guidance from Froebel,
who dared to write even in Germany,
"Follow the Child."

Never Flourished in Germany.
Froebel, the founder of the kindergar-
ten, was German but not Prussian.
Prussia soon recognized that "demo-
cracy" would be the outcome of his
method and promptly suppressed it.
Many do not know that the kindergar-
ten never has flourished in Germany.

Froebel was in a sense a martyr and
died disappointed with his own na-
tion's rejection of the kindergarten,
but with his "eye of faith" he turned
hopefully towards America in which
country, he prophesied, his ideas
would flourish under democratic pro-
tection and guidance.

Mothers of America, many of them,
as well as teachers, have studied kin-
dergarten principles for 50 years and
have again and again testified to their
value.

"What are these principles?" Read
Miss Emilie Poulsson's "Love and Law
in Child Training." This may be found
in almost any library or can be
bought from the publishers, Milton
Bradley Co., Springfield, Mass., for
\$1. Its very title suggests the kindergar-
ten's principles—love and law, but not
license.

Kindergarten discipline is loving,
steady and strong, not sentimentally
weak. Kindergarten discipline prefers
positive rather than negative methods.
The life of the child is not fitted with
"don'ts," for there are so many good
things found to do, there is little time
for mischief.

For Mother and Child Alike.
Childish mistakes and mishaps are
met with patience. Mother gives the
little one time to recover himself. Self-
control is her aim. Request is pre-
ferred to force. Politeness is the rule
for mother and child alike. Both use
frequently "the two little golden keys,"
"I thank you" and "If you please."

"A soft answer turneth away wrath."
"Grievous words" are avoided because
centuries ago it was discovered that
they "stir up anger." There are no
loud, shrill tones, but rather quiet, de-
cided emphasis, if need be.
"Vain repetitions" having proved

"FIRST-AID" BOOKS

Attach to the medicine closet, with a
string and pencil, a small alphabet-
ically arranged notebook.

Under the letter P, for example,
write the antidote for the different poi-
sons, for, although one may know them,
when the baby swallows the
wrong tablet knowledge is apt to desert
one, and by the time the doctor
arrives upon the scene it may be too
late.

Under F write "Fainting Spells" and
what to do. "Cuts and Bruises" list
under their proper letter, and "Sun-
stroke," "Burns," and so on, through
the list of accidents and sudden ill-
nesses. All this may be taken from a
regular first-aid book, but added to
this may be remedies for sickness to
which one's special family is subject.

From year to year one forgets what
it was that proved so effective in that
case of quinsy, but can easily refer to
it in this manner.

Being arranged alphabetically, it is
the work of but a moment to find the
desired information.

Short-Sighted Serpents.

Serpents have a reputation for alert-
ness but nevertheless they are short-
sighted. Some of them cannot see
more than a yard or two in front of
them. Other reptiles are similarly de-
ficient in sense of vision, and the au-
thority asserts that a crocodile cannot
see a man at a greater distance than
six times its own length. In respect
of hearing, many reptiles are even
more deficient than in sight. Some ser-
pents are deaf, the boa, it is said, be-
ing unable to hear any sound. The
term "deaf adder" consequently ex-
presses a fact. In one respect some
reptiles show singular acuteness. They
have an unerring instinct for water

themselves useless, the wise mother ac-
cepts the terse statement that "In dis-
cipline one can hardly speak little
enough."

No doubt American mothers have
still to learn but well may they take
heart from their boys' record in
France.

CHILDREN LOVE TO IMITATE

(Utilize this power to encourage
sweetness and beauty of voice.)
By CLARA H. BURROUGHS.

What a large part music has and
should have in the lives of all chil-
dren! How quickly they respond to
a musical idea, whether of marching
or dancing or a funny song. All chil-
dren should be encouraged to sing, for
the voice is God-given, a priceless in-
strument that needs no trick for its
use. And it is beautiful in childhood,
before wrong and careless speaking
and singing have made their inroads
of injury.

We should do all in our power to
encourage this sweetness of voice by
suggesting a moderate degree of tone
in speaking and singing, by example
more than precept. Children imitate
so quickly. Mother's quiet voice or
teacher's well modulated one is sure
to have effect.

Very helpful tone exercises may be
given to the children to keep this
beauty of voice, if given wholly in the
spirit of play. Miss Alys E. Bentley
has devised some very interesting
"tone plays." One of the best is the
ring of a bell.

Hearing Their Own Voices.

"Ring"—roll the "r," then sing the
whole word immediately, continuing the
tone for a short while, using a
moderately high pitch, "e," "d," or "e."
Use also "sing" and "ding" in the
same way. Pretend the bell is in the
hand and hold to the ear as if listen-
ing. This listening to his own voice on
the part of the child tends to clar-
ify and sweeten the tone. It is amazing
how quickly children change from a
bad or mediocre tone to a beautiful
one when they have really heard their
own voices.

The violin tone is a good one, "km,"
used in almost the same way as the
bell, drawing an imaginary bow across
the strings.

Spin an imaginary top, using "spin,"
"hum," "sing," to the same pitches,
"e," "d," "e." Always sing the word
immediately, continuing the tone with
the last letter.

For continuity of breath, the steam
engine is very good: "puft," as if let-
ting off steam, holding the "f," and
"chuff," the engine starting off. The
bass drum, "boom boom," is splendid,
with distended cheeks, and the snare
drum, "trum, trum, trum." Of
course, pretend to beat the drum.

Importance of Tones.

Words of birds and beasts are some-
times good, as the "moo-o" of the
cow, "cock-a-doodle doo-o" of the
rooster, "gobble, gobble" of the turkey,
"m-z-z" of the bee, and the same sound,
pitched much higher, of the mosquito.

Encourage the child to hear tones
in all life and imitate them.

These tone plays have been admir-
ably used in interesting little songs
which are exceedingly attractive to
children, chiefly I believe, because the
subjects are taken from the child's
own experience in life. One of the
most charming follows:

Draw the bow across the strings,
Hm—m; key of D, 2-4 time 3 3 5 5,
4 3 2-1-2-3-1.

Listen as my fiddle sings, Hm—m.

3 3 5 5 4 3 2-1-8.

This song and many others quite as
delightful may be found in the "Song
Series," three books made by Miss
Bentley for the children, and published
quite inexpensively by the A. S. Barnes
Company of New York.

WRIGLEYS

Is Sealed!

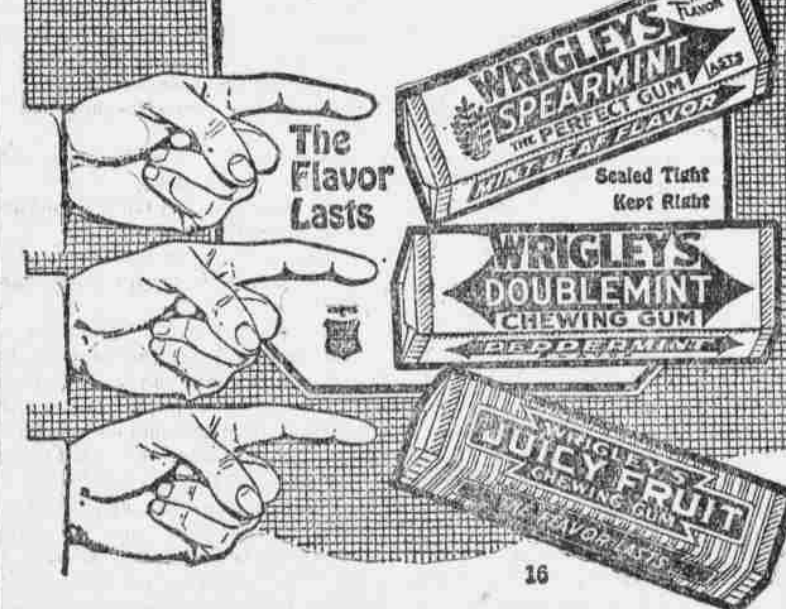


Look for the
sealed package, but
have an eye out
also for the name

WRIGLEYS

That name is your pro-
tection against inferior
imitations. Just as the
sealed package is pro-
tection against impurity.

The Greatest Name
in Goody-Land—



Grow Wheat in Western Canada

One Crop Often Pays for the Land



Western Canada offers the greatest advantages to home seekers.
Large profits are assured. You can buy on easy payment terms.
Fertile Land at \$15 to \$30 per Acre—
land similar to that which through many years has averaged from 20 to 45
bushels of wheat to the acre. Hundreds of cases are on record where in Western
Canada a single crop has paid the cost of land and production. The Govern-
ments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta want
the farmer to prosper, and extend every possible encouragement and help to
Grain Growing and Stock Raising.

Though Western Canada offers land at such low figures, the high
prices of grain, cattle, sheep and hogs will remain.
Loans for the purchase of stock may be had at low interest;
there are good shipping facilities; best of markets; free schools;
churches; splendid climate; low taxation (none on improvements).
For particulars as to location of lands for sale, maps, illustrated literature,
reduced railway rates, etc., apply to Dept. of Immigration, Ottawa, Can., or
W. S. Nethery, Room 82, Interurban Station Bldg., Columbus, O.
Canadian Government Agent

Wanted Due Credit.
"So you insisted on informing your
entire family that Santa Claus is a
myth."

"Yes, it seemed to me about time I
was getting personal credit for being
the chap who pays the bills."

A postal card to Garfield Tea Co.,
Brooklyn, N. Y., asking for a sample
will repay you.—Adv.

A Doggone Shame.
"I say, Fido, you don't seem to be
very well satisfied with your dinner,
today."

"How could I be when this family
has gone bone dry?"

Roman Eye Balsam is an antiseptic oint-
ment, applied externally and not a "wash."
It heals the inflamed surfaces, providing
prompt relief. Adv.

Favoritism.
"Have the food restrictions been
lifted in your home?"

"Not as far as I'm concerned," re-
plied Mr. Meekton. "But Fido now
gets two dog biscuits instead of one."

Women rule the waves in the matri-
monial sea.

Wanted To Be Safe.
A little fellow of five, fearing that
Santa Claus would forget him, wrote
the following letter:

"Please fetch me a ingun and sum
cans on a plesher book and sum
candy and a pony. P. S. If the pony is a
mule please tie his behind legs."

A political candidate should wear
canvas shoes.

**Don't wait until your
cold develops Spanish
Influenza or pneumonia.**

Kill it quick.

**HILL'S
CASCARA
QUININE**

Standard cold remedy for 25 years—in tablet
form—safe, sure, no opiates—breaks up a cold
in 24 hours—relieves grip in 3 days. Money
back if it fails. The genuine box has a Red top
with Mr. Hill's picture. At All Drug Stores.

When Children are Sickly
are Constipated, Feverish, Cry out in their sleep, Take cold
easily, Have Headaches, Stomach or Bowel trouble, Try
**MOTHER GRAY'S
SWEET POWDERS
FOR CHILDREN**

They are pleasant to take and a certain relief. They act on the Stomach,
Liver and Bowels and tend to correct intestinal disorders. 10,000 testimonials
from mothers and friends of little ones telling of relief. No mother should be
without a box of Mother Gray's Sweet Powders for use when needed. Ask
to-day. The need of them often comes at inconvenient hours.
Used by Mothers for over thirty years.
Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.
Sold by Druggists everywhere. MOTHER GRAY CO., LE ROY, N. Y.